

Weekly Diabetes Update 8-24-07

1. New diabetes & team care resource

The American College of Physicians (ACP) in collaboration with American Association of Diabetes Educators, with sponsorship through an educational grant from Novo-Nordisk, has put together a diabetes manual and training program that facilitates team collaboration. You and your health system-level partners can order up to 5 manuals free.

A Team-based Practice Manual and Self-Assessment Program (book and CD-ROM) provides best evidence and practices for diabetes treatment and facilitates team collaboration among physicians, staff, and patients. The product includes a CD with multiple-choice test questions, offering up to 15 continuing education credits for physicians, physician assistants, nurses, nurse practitioners, and dietitians. The CD also includes an array of interactive tools for both patients and members of the clinical team as well as a Patient Registries Tutorial that explains the basics of selecting and using a patient registry.

The following link will take you directly to where you can order the resource
<http://diabetes.acponline.org/clinician/index.html>.

2. Live Like Your Life Depends On It Campaign

The *Live Well Message Alliance* is launching the *Live Like Your Life Depends On It* campaign for Missouri. This consumer education campaign targets adults 45 years of age and older - those at risk for chronic diseases or that have chronic diseases. The Missouri Department of Health and Senior Services (DHSS) created the Alliance from the recommendations of the Chronic Disease Advisory Council. Full details on the campaign can be found on the department's website at <http://www.dhss.mo.gov/ChronicDisease/Campaign.html>. You can view the materials by clicking on resources. Formative research results that led up to the campaign are posted at <http://www.dhss.mo.gov/Obesity/Messages.html>.

3. Diabetes Care Better Than 10 Years Ago, But More Improvement Needed

A recently published study conducted by the CDC indicates improvement in diabetes care over the past 10 years; however, there is still a great need to focus on additional improvements. A summary presented here looks at changes in glucose and cholesterol control, along with blood pressure; yearly eye and foot examinations; new national initiatives on quality care, and why we need to continually focus on effective treatment and preventive measures. Venkat Narayan, MD

Main Findings of the Study

1. Between the mid-1990s and now, there have been encouraging improvements in the quality of diabetes care. Gains have been identified in control of cholesterol and somewhat in glucose control; in the use of aspirin, influenza, and pneumococcal vaccines; and regular exams of eyes, feet, and teeth.
2. However, blood pressure (BP) control has not changed at all.
3. Despite the many improvements, 2 in 5 people with diabetes still have poor cholesterol control, 1 in 3 have poor BP control, and 1 in 5 have poor glucose control.

4. Study results show that there are good treatments to prevent diabetes complications, and quality of care can be improved for the 14.6 million people in the United States who have diagnosed diabetes. Therefore, it is important that we not become complacent, but rather continue in our efforts to achieve further progress.

Why have improvements occurred?

This study did not specifically look at “why,” but a number of important developments have occurred during the last 5-10 years that together could account for the improvements.

1. Good science has become available to support and promote tight glucose, blood pressure, and lipid control for people with diabetes. CDC and National Institutes of Health (NIH) have invested in applied research aimed at promoting improvements in quality of care. More science is needed.
2. Several national initiatives to promote quality of diabetes care have been implemented.
 - The Alliance is a large coalition of government, managed care, and other players that has developed ways to measure and track quality of care, and has emphasized quality of care.
 - The CDC's Diabetes Prevention and Control Programs in all states has strongly emphasized and influenced improvements in diabetes quality of care.
 - The CDC and National Institutes of Health (NIH) have worked together in the National Diabetes Education Program to change the way diabetes is treated.
 - The Veteran's Administration (VA) has undergone major reengineering aimed at improving quality of care.

Final messages

Twenty-one million people in the United States have diagnosed and undiagnosed diabetes. There are several good treatments for preventing diabetes complications. As this study shows, it is possible to improve the quality of care, but we still have a long way to go.

Forty-one million people in the United States have pre-diabetes, and can develop diabetes in the future. Preventing diabetes in these people is very important to reducing the pain and suffering from its devastating complications.

Citation: Saaddine B, Cadwell B, Gregg E, Engelglau M, Vinicor F, Imperatore G, Narayan V. [Improvements in Diabetes Processes of Care and Intermediate Outcomes: United States, 1988-2002.](#) *Ann Intern Med.* 2006; 465-474.

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4. National Diabetes Education Program (NDEP) News & Notes (August 2007, Volume 3, Issue 8) – note that all underlined items are linked to the web

NEW! *Consejos para ayudar a una persona con diabetes (Tips for Helping a Person with Diabetes)*

People with diabetes need the support of their friends and family in order to manage their diabetes and NDEP has tools to help. NDEP's newest resource is the Spanish adaptation of *Tips for Helping a Person with Diabetes*. *Consejos para ayudar a una persona con diabetes* provides practical suggestions for helping friends and family members be active participants in diabetes self-management and how to help their loved ones learn and remember key diabetes tips to help them stay healthy. The tip sheet also includes a list of resources to find additional support and

some great ideas from diabetes educators, nutritionists, and other health care professionals. It can be downloaded from the NDEP website and hard copies will be available to order soon. For more information about NDEP publications, see <http://ndep.nih.gov/diabetes/pubs/catalog.htm>.

Working Together to Manage Diabetes Continuing Education/Optometry Credits Now Available

Continuing Education (CE) credit for health care professionals is now available for reading *Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dental Professionals* (http://ndep.nih.gov/diabetes/pubs/PPODprimer_color.pdf) and its English poster http://ndep.nih.gov/diabetes/pubs/ppod_poster.pdf. Visit www.cdc.gov/diabetes/ndep/continuing_education.htm for more information on obtaining CE credits.

NDEP Promotes Helping the Student with Diabetes Succeed: A Guide for School Personnel

This month, NDEP is promoting effective diabetes management in school settings as kids and teens (<http://ndep.nih.gov/diabetes/youth/youth.htm>) prepare to start the new school year. NDEP will highlight *Helping the Student with Diabetes Succeed: A Guide for School Personnel* (http://ndep.nih.gov/diabetes/pubs/Youth_NDEPSchoolGuide.pdf), a comprehensive guide designed to empower school personnel, parents, and students to create a safe learning environment and equal access to educational opportunities for all children with diabetes. Use our feature article, “Guide Designed to Help Schools Manage Diabetes in Students,” http://ndep.nih.gov/diabetes/pubs/schoolguide_feature.pdf and product announcement http://ndep.nih.gov/diabetes/pubs/schoolguide_announcement.pdf to help promote the *School Guide*. For more information about diabetes in children and adolescents, go to http://ndep.nih.gov/diabetes/youth/youth_FS.htm.

Mark Your Calendars: Upcoming NDEP Promotions

In each issue of News & Notes look for NDEP promotional tools that are ready for you to personalize, customize, and distribute.

- Take our feature articles, op-eds, and public service announcements, and add your organization's logo.
- Add your organization's name and mission and talk about how you and NDEP are working together.
- Add your contact information to a feature article.
- Then submit the ad and/or article to your local paper.

By using our promotional tools, everybody wins. Your community newspaper receives a localized story with important health information for its readers, your organization receives good publicity, and you help NDEP continue to be the nation's No. 1 resource for free information and materials on diabetes control and prevention. Each issue of **NEWS & NOTES** (<http://ndep.nih.gov/new/NewsNotes/NDEPNewsNotes.htm>) features tools that tie into the following month's promotions and can help us promote NDEP together.

September promotions will embrace National Hispanic Heritage Month

(http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/010327.html). A feature article “Hispanics/Latinos: Help Control a Growing Epidemic by Managing the ABCs of Diabetes” targeted to Hispanics/Latinos with diabetes will emphasize the importance of diabetes self-management. A Spanish-language adaptation of the feature article, “Los hispanos y latinos: Ustedes pueden ayudar controlar un epidémico crecimiento con los ABCs de la diabetes,” is also

available. For more information about NDEP's Spanish-language publications see <http://ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHispLatino>.

October promotions will focus on diabetes and American Indians and Alaska Natives in preparation for National American Indian and Alaska Native Heritage Month. A new feature article will highlight NDEP resources such as the *We Have the Power to Prevent Diabetes* tip sheet and the *Move It! And Reduce Your Risk for Diabetes School Kit*. For more information on diabetes in American Indians and Alaska Natives, see http://ndep.nih.gov/campaigns/TCH/TCH_AIAN.htm.

NDEP Work Group Member Publishes *The Little Diabetes Book YOU Need to Read*

Consumers have hailed Martha Funnell and Michael Weiss' *The Little Diabetes Book You Need to Read* as a "must-read" for people with diabetes, their loved ones, and health care professionals. If you are looking for a different kind of book about diabetes, this may be the one. Authors Martha Funnell (vice chair of NDEP's Health Care Professional Work Group) and Michael Weiss (past chair of the board of the American Diabetes Association), have collaborated to create a tool to assist all people affected by diabetes.

Most books about diabetes focus on treating diabetes, rather than on the reality of living with the disease. *The Little Diabetes Book You Need to Read* (http://www.amazon.com/Little-Diabetes-Book-Need-Read/dp/0762431164/ref=pd_bbs_sr_1/105-8655440-0292422?ie=UTF8&s=books&qid=1186003012&sr=1-1) contains important tips for people living with the disease, not just information about the disease. Based on the empowerment approach, the book is short, easy-to-read, and provides straight talk and useful strategies to help people with diabetes learn to take charge of their diabetes and create a realistic plan to live with it on a daily basis. Visit [Amazon.com](http://www.amazon.com) or your local bookstore to purchase a copy.

5. Options in ordering Centers for Disease Control and Prevention (CDC) Diabetes publications

The CDC's Division of Diabetes Translation now has the publication warehouse up and running. There are a number of ways to order diabetes publications:

- visit the on-line ordering page at: <http://wwwn.cdc.gov/pubs/diabetes.aspx>
- call the Diabetes Inquiry Line at 1-800-CDC-INFO 1-888-232-6348 TTY, or
- send an e-mail to cdcinfo@cdc.gov.

In addition, there are other online publication options available at:

<http://www.cdc.gov/diabetes/pubs/online.htm>.

To order publications from the National Diabetes Education Program (NDEP) visit: <http://www.ndep.nih.gov/diabetes/pubs/catalog.htm> or call NDEP at 1-800-438-5383.

6. Second Letter from International Diabetes Federation

Dear Colleagues around the world

Much is happening in the diabetes world since the passage of the United Nations Resolution on Diabetes on 20th December 2006 (UNR 61/225). This second email letter from the IDF President and President-Elect aims to alert you to the many developments taking place.

In June 2007, the Ministers of Health in the Gulf Cooperation States (UAE, Bahrain, Kingdom of Saudi Arabia, Oman, Qatar, Kuwait and Yemen) released a world's first Joint Statement on

Diabetes Control committing to "take whatever necessary actions to help decrease the burden of disease and implement national strategies heading at reduction of risk factors of diabetes mellitus" (see

http://www.unitefordiabetes.org/news/campaign/gulf_states_pledge_to_make_diabetes_a_priority/).

In the USA, the Mayor of Chicago Richard M Daley released a proclamation that November 14, 2007 will be World Diabetes Day in Chicago and urged all Chicagoans to help fight diabetes by increasing awareness and providing care and treatment to those with diabetes (see

http://www.unitefordiabetes.org/news/campaign/world_diabetes_day_proclaimed_in_chicago/).

Planning for the first UN-observed World Diabetes Day, November 14, 2007, is well underway. The Empire State Building in New York and the Tokyo Tower in Tokyo will be lit up in blue. We invite other landmark and monumental buildings all around the world to join in this global recognition of World Diabetes Day. The IDF also urges organizations worldwide to demonstrate their commitment to fighting diabetes by taking part in global "diabetes walks" on World Diabetes Day and to register their walk on the World Diabetes Foundation's Global Walk website (<http://www.gwlk.info>). Posters (in 6 languages), media press kits and other resources to support WDD activities can be obtained from <http://www.worlddiabetesday.org>.

The IDF is pleased to announce a USD10 Million research programme in support of translational research. Known as BRIDGES, the programme invites applications for projects that adapt science with practical solutions for improving diabetes care and prevention worldwide. The programme, known as BRIDGES, is supported by an educational grant from Eli Lilly (<http://www.idfbridges.org/>). The first granting cycle deadline for 2 Year grants up to USD 65,000 and larger 3 year grants up to a maximum of USD 400,000 is 2nd November 2007 <http://www.idfbridges.org/index.php?module=content&siteID=1&pageID=2&parentID=3&menuID=3>

The IDF will soon be appointing a Global Diabetes Education Manager (see http://www.idf.org/jobs/education_manager) in Brussels and Regional Diabetes Education Coordinators in the 7 IDF Regions. Calls for applications from diabetes centres for accreditation as Regional IDF Centres of Diabetes Education will soon be announced. Excellent diabetes education resources are now freely available from the IDF including an International Curriculum for Health Professionals in Diabetes (in English and Turkish), International Standards for Diabetes Education and comprehensive Diabetes Education Modules incorporating 800 PowerPoint slides and speaker notes (in English and Spanish) which can be downloaded in PDF or PPT formats or obtained as a CD-ROM (<http://www.idf.org>). For information, the IDF has recently announced IDF consensus guidelines for the definition of the metabolic Syndrome in children (see http://www.idf.org/met_syndrome/children).

Please share this email as widely as possible and let us know your news and suggestions via info@idf.org.

With kind regards

Martin Silink (IDF President) and Jean Claude Mbanya (IDF President-Elect)